

# Information and Consent Form

## The Rimkus® Method: Individually Tailored Bioidentical Hormone Therapy

As a certified Rimkus® therapist, I offer you an individualized treatment based on a holistic assessment of your hormonal situation, providing an alternative to conventional hormone replacement therapy. This method places particular emphasis on precise diagnostics and the use of bioidentical hormones.

The Rimkus® Method offers a personalized, natural and effective way to supplement hormones and support health and wellbeing in many areas - for women in peri- and post-menopause, men experiencing andropause, or individuals suffering from fatigue, depressive moods, weight gain, as well as loss of potency and libido. The Rimkus® Method can also be used to support fertility, endometriosis, PCOS, and general hormonal imbalances.

**Background:** The Rimkus® Method was established in Germany in the 1990s and then brought to Switzerland and worldwide. Initially, it was viewed critically by various parties and sparked controversial discussions. These reactions were mainly due to misunderstandings, prejudice, or the economic interests of the pharmaceutical industry, which hindered an open debate. The Rimkus® Method is scientifically comprehensible and convincing in its approach, respecting the body's natural hormone balance. It is a registered trademark and may only be offered by certified physicians. The capsules containing bioidentical hormones are produced in specialized, certified pharmacies according to individualized medical prescriptions.

### Important Notes:

The diagnostics, dosage, and form of administration differ in some respects from standard hormone therapy.

A key component of the Rimkus® Method is regular blood testing to measure hormone levels. These results allow precise adjustment and, if necessary, supplementation of the treatment and are essential for therapeutic success.

By beginning treatment, you agree to approach the Rimkus® Method consistently, take responsibility for your own health, and follow the physician's instructions carefully. It is important that you attend all scheduled check-ups and report any side effects or changes immediately. → **Please answer the questions on the back of this form!**

If you have any questions or concerns, I am always available for a detailed consultation.

### Consent Form:

I hereby confirm that I have been informed about the specific characteristics of hormone therapy according to the Rimkus® Method, understand the risks and benefits, and voluntarily choose to begin this treatment at my own responsibility.

The consultation for Rimkus® therapy is a self-pay service and is not covered by health insurance. The same applies to blood analyses and the individually dosed Rimkus® hormone capsules.

I have no further questions, feel sufficiently informed, and wish to proceed with the treatment.

The costs of the consultation and blood sampling must be paid directly after the appointment in cash or by credit card.

.....  
Place, Date

.....  
Name of Patient

.....  
Signature of Patient

PRAXIS

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**Please answer the following questions:**

Are you currently using hormonal contraception? (Pill, patch, implant)

☐ NO

☐ YES

If NO – Have you used hormonal contraception in the past? If YES, for how long?

..... Years.

Are you currently undergoing menopausal hormone replacement therapy or taking any form of hormone preparations?

☐ NO

☐ YES

If YES, which ones? .....

Do you take any medications?

☐ NO

☐ YES

If YES, which ones? .....

.....

.....

Do you take any supplements?

☐ NO

☐ YES

If YES, which ones? .....

.....

.....

Have you or any family member ever suffered from thrombosis

☐ NO

☐ YES

If YES, please describe in detail: .....

Do any family members have breast cancer or other malignant diseases?

☐ NO

☐ YES

If YES, which ones? .....

.....  
Signature of Patient